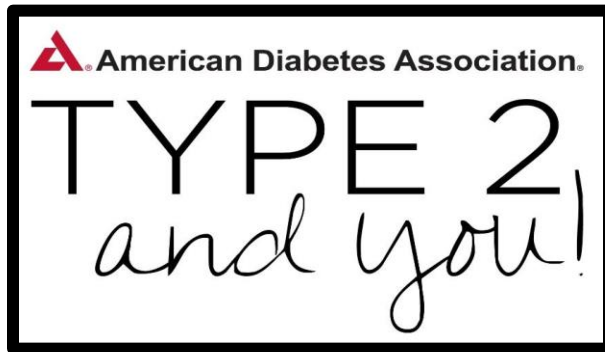


# 2017 Spring Workshop Series



Free program for individuals with type 2 diabetes and their loved ones (with or without diabetes).

- Educational workshops
- Support from others who understand

Workshop Dates:

April 15, May 13, June 24, July 15  
10:30 AM to noon at Kent Commons

**Contact Lynne Armstead, MPH for more information, or to reserve your spot today!  
[Lynne.T2andYou@gmail.com](mailto:Lynne.T2andYou@gmail.com) or 206-300-3343**

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